



NEWS

December 2012



EWC Massage Therapy Services are back!

Are you taking advantage of it?

The service is available not just to Wellness Center members who receive the best benefits, but it is available to all County employees for a discounted price as well. Our massage therapy program assists us in relieving stress, alleviating muscle soreness and promoting relaxation.

Members receive a 20% discount and County, Court and State employees receive a 10% discount from regular price.

Contact the Wellness Center today to schedule your appointment. Credit card payment is accepted.



Christmas Survival Guide

Holidays revolve around food and family, but Christmas actually has its roots in a feast. December 25 officially became the day for Christians to celebrate the birth of Jesus around the fifth century, but the Romans held winter festivities and feasts around that time, including the "Yule" holiday, which involved setting large fires. The traditions merged as time passed, bringing us the Yule log and the special importance placed on food.

Although Christmas represents serious temptation for a dieter, following these tips will help you succeed instead of "starting over" after the New Year.

Holiday Parties

- Make sure you grab a quick snack before the party starts, so you won't feel famished.
- Decide ahead of time how many cookies you're going to have. Make up for the extra calories through the rest of the day - eat an open-face sandwich with only one piece of bread and have some salsa on your baked potato instead of sour cream and butter.
- Make your own healthy foods to bring to the party. At least you'll know there is something there that won't blow your diet.
- To get around eating everyone's dessert at the office party (to ensure the friendship through the next year), volunteer to be a judge of this year's dessert contest. Judges have just one bite of each treat before deciding which is best. Not willing to judge? Take one spoonful instead of a full piece.

Lunches

- Stay away from anything that says creamy, crispy, or fried. Order your sauces on the side and ask for a box before your meal begins. Put half of the meal into the box before you start eating. That way, you can still be a part of the clean plate club without overdoing it.



Get Moving

When you're busy wrapping gifts, last minute shopping, cooking, entertaining - and don't forget about the party hopping - your exercise routine...well, what exercise routine? Try something new with your family and friends this year - get outside and be active. It's fun, it's festive, and it's a great calorie burner.

www.sparkpeople.com

Discover all we have for you!

Hours of Operation: Monday through Friday 5:30 a.m. to 8 p.m.
Closed during weekend & Dade County observed Holidays.



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Upcoming Local Events

Get Active!

Here are some fun fitness events for you to participate in:

Steps for Healing 5k Run/ Walk

- December 8 at 8:00 am
- Zoo Miami

Family Adventure Challenge

- December 15 at 8:30 am
- Tropical Park

The Live Ultimate Quarter Marathon and 5k

- December 15 at 8:15 am
- South Beach

Down 2 Earth Oleta 5k/ 10k Half Marathon Trail Run

- December 16 at 7:30 am
- Oleta River State Park, North Miami Beach

EWC Personal Training – Reach Your Fitness Goals!

Are you looking to tone up, shed some extra pounds or just get into better shape overall? Our certified personal trainers are here to help you attain any fitness goal you may have. **We offer great rates, a convenient location and are flexible so that we can accommodate your busy schedule.** Take advantage of this fantastic service today by contacting the Wellness Center staff.



The 12 Days of Fitness

Looking for a way to keep the pounds off this December? Look no further!



From December 3 - 18 the Miami-Dade County Employee Wellness Center will be holding **The 12 Days of Fitness!**

This is a simple program that will give participants a new exercise to challenge themselves every day for the 12 days prior to Christmas. If you are interested in participating contact the Wellness Center at employeehealthcenter@miamidade.gov.



Surviving the Holidays – Financial Seminar

The holidays can be draining, especially on your pocket book. Get a handle on your finances before they take a hold of you this holiday season. Join us for our Surviving the Holidays financial seminar provided by Consolidated Credit.

The workshop will take place on **Thursday, December 6 in conference room 18-3 in the Stephen P. Clark Center from 12-1 PM.**

We will also have one-on-one consultations available by appointment after the workshop. If you are interested in participating in either event please RSVP to employeehealthcenter@miamidade.gov.

